

Samantha Robles, D.M.D., M.S.D., PA
Diplomate of the American Board of Periodontology

Post Operative Instructions Following Periodontal Surgery

- Activity** For the remainder of the day, please limit your activity to those requiring minimal exertion. Strenuous activity should be avoided for at least 24 hours. **PLEASE DO NOT SMOKE FOR 48 HOURS.**
- Bleeding** Some slight bleeding may occur for the first four to five hours after the operation. This is not unusual. If bleeding continues, apply firm pressure for 20 minutes with a piece of **moist** gauze. Repeat if necessary. In the case of excessive and continuous hemorrhage, please **DO NOT RINSE**. Apply a tea bag moistened in warm water firmly over the bleeding area for 20 minutes. Repeat as necessary. Persistent and uncontrolled bleeding should be investigated. During normal working hours, call the office. If after hours, please call Dr. Robles at the after hours numbers listed below. Please only call if this is a true emergency. You may notice a bruise in and around the area of surgery. This is not unusual and usually resolved after 4-5 days.
- Discomfort** Some discomfort and pain is to be expected when the local anesthesia wears off. If you have been given a prescription for pain, take the medication(s) as directed. Please **DO NOT TAKE ASPIRIN**, unless directed by your physician. Most of our patients find that their discomfort is relieved with NSAIDS such as Motrin, Advil or Aleve. Please take as directed. **PLEASE DO NOT COMBINE ALCOHOL WITH ANTIBIOTICS OR PAIN MEDICATIONS.**
- Dressing** Some material may have been placed around your teeth. This is a surgical dressing and should not be disturbed. It will become hard within a few hours. Please do not drink anything warm during this period. The dressing should remain in place until your next visit, at which time it will be removed and perhaps replaced. It is expected that small particles of the dressing (or the entire dressing) may chip off during the week. Please do not be alarmed.
- Eating** A balanced diet is always important, but especially now after your periodontal surgery. We recommend that you eat a soft diet (pudding, soup, milk shake, mashed potatoes, fish, etc.) and avoid hard, brittle foods and spicy foods. Avoid using a straw for 24 hours following the procedure. Above all, please do eat as malnutrition may cause a delay in healing.
- Home Care** Brush and floss normally in the areas without surgery. If a surgical dressing was placed, brush the tops of the teeth over the dressing. If no dressing was placed, using a cotton swab, gently wipe the plaque from the teeth treated. Brush your tongue. If you were prescribed a mouth rinse, please use as directed.
- Sinus Lift** It is normal to feel small graft particles in your mouth, experience a head ache or a nose bleed after the procedure. Do avoid complications, please do not blow your nose, use nasal sprays, put your head under dirty water, or hold in a sneeze for 8 weeks following this procedure.
- Ice Pack** Please apply ice to the side of your face where the surgery was performed. Ice will keep swelling down which will keep the pain down. Apply ice for 20 minutes, rest 20 minutes, then reapply for 20 minutes for 24 hours after the procedure. If you notice that the swelling is involving your neck or your eyes, or you are having difficulty breathing, please contact the office.
- Rinsing** Please do not vigorously rinse your mouth within the first 24 hours. After 24 hours, you should rinse with warm salt water. Rinsing will help your mouth feel clean and remove loose plaque from your teeth. Do brush the non-treated teeth as you would normally. Please rinse with warm salt water after meals for a week.

Additional Instructions

****After Hours Phone Numbers for Emergencies Only:**

Office: 919-383-6611

Dr. Samantha Robles 919-213-0463